

TOO-FAT? FAST AND EXERCISE

* Obesity Due to Over-Eating and Laziness and the Cure Is *
* Temperance and Activity. *

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Fatness is a symptom of disease, not of health, it signifies that the digestive apparatus is unequal to the task that is put upon it, that the bodily furnace is not burning up as large a proportion of the food taken as it would under normal conditions.

In general, it may be said that obesity goes hand in hand with laziness and perhaps sensuousness, in one phase or another.

There are exceptions to this rule—we all know thoroughly energetic and temperate people who are also fat—but it is a rule nevertheless.

To cite one striking, if unsavory fact bearing upon the relation between sloth and sensuousness and obesity, we need but to call attention to the well known prevalence of obesity among prostitutes. Lombroso says:

"This greater weight among prostitutes is confirmed by the notorious fact of the obesity of those who grow old in their vile trade, and who gradually become positive monsters of adipose tissue."

Corpulency is attributable to over-eating, combined with lack of exercise. The laziness of the individual as a whole is communicated to his digestive apparatus, and instead of doing its duty and burning up all the food eaten, it

takes a short cut, transforms the starch into fat and stops at that.

In general, then, the cure for obesity is a matter of will power. Strict temperance in all things and a rigorous course of exercises will generally effect reduction in weight.

Food should be cut down one-half—not by dropping all fats and starchy foods, but by limiting all elements in about the same proportion, with perhaps a slight reduction in the ration of the strictly fat producing elements.

Get busy. Prod yourself to activity. Don't lie abed. Take cold baths and adopt some system of exercises that will divert the course of the fat factory within you and set it to making muscle instead of fat.

Do not take any "anti-fat" preparation. It has been shown recently that the effect of these nostrums is bad. The most powerful of them now contain thyroid, a drastic drug that not only reduces flesh, but reduces the general well-being of the patient as well.

NEW TALES FOR OLD

Little Boy Blue,
Come blow your horn,
The cows in the meadow,
And the chickens have gone to
roost.